

Course Name : Bachelor of Physical Education

Year : IInd(Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 18

Topic no. : Sect-A (2)

Lecture Title : Yoga Asana Part - 8

Summary

Asanas are helpful in achieving physical and mental stability and peace. This is not simply a belief, but a physiological fact. They also facilitates the experience of meditation by directing the flow of prana from mooladhara to sahasrara chakra. Aasanas also helps to control sexual feelings and redirect the energy towards the development of consciousness. Aasanas reduces the blood flow to the genitals and massages the nerve fibres which feed them, making it useful in the treatment of dilated testicles and hydrosol in men. Aasanas can alleviate menstrual disorders. These Aasanas leads to improved functioning of the digestive, excretory and reproductive organs and helps to remove gastrointestinal disorders, chronic constipation and sluggishness of the liver. Physical and mental tiredness are removed, the mind will remain peaceful and without worries even in the most difficult situations if the practice of the Aasanas can be mastered. With the practice of the some of asanas like gomukh asana, chakar aasan, maty asaan etc. the expansion of the lungs and deep respiration take place, alleviating disorders such

as asthma, bronchitis or kapha dosha imbalances. Youthfulness and vitality are increased by practicing the asanas.